

NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

May 2018, Vol. 2 Issue 5



May 2018



Annmary I. Connor, LICSW
Director of Elder Services

For 55 years, Older Americans Month (OAM) has been observed in May to recognize older Americans and their contributions to our communities. This effort is led by the Administration for Community Living's Administration on Aging, and it offers an opportunity to hear from, support, and celebrate our nation's elders. The theme for OAM 2018 is ***"Engage at Every Age,"*** emphasizing the importance of staying active and involved because remaining socially engaged can help to improve the quality of life for older adults.

At the Senior Center our belief is that you are never too old (or too young) to participate in activities to enrich your physical, mental, and emotional well-being! Throughout the month of May we will be conducting activities and sharing information designed to promote wellness and social connection. We hope that you will read the newsletter to learn more about how we will celebrate OAM and we encourage you to come to the Senior Center and get involved in any or all of the activities and events that are scheduled.

**OLDER
AMERICANS
MONTH**



ENGAGE AT EVERY AGE: MAY 2018

MISSION STATEMENT

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.

Main Line: 978-623-8320

website: www.andoverma.gov/seniorcenter

email: seniorcenter@andoverma.gov

Physical Address: 30 Whittier Court, Andover

Mail: 36 Bartlet Street, Andover, MA 01810

Info Line: 978-623-8302

Phone # 978-623-8320

A Division of the Department of Community Services

Regular Monthly Events

American History - Exploring the Past Can Help us Understand the Present

Join a fascinating review of the American experience in the age of Andrew Jackson. Find out:

- ⇒ If the Era of Good Feelings really was;
- ⇒ Why Donald Trump is a modern Andrew Jackson;
- ⇒ How the North, the South & the West grew apart;
- ⇒ How American inventiveness transformed daily life; &
- ⇒ Why Americans constantly moved West!

Instructor: Donn Robb | Thursdays, April 26th -May 24th | 1:30-3 p.m. | To attend you must register in advance | Cost: \$15 for the series

Writing Group

Come & participate in an engaging writing process!

Instructor: Sreenivas Viadras, | Tuesdays, May 1st, 8th, 22nd & 29th, 10 a.m., To attend you must register in advance | Cost: \$2 suggested donation

Council on Aging Board Meeting

Held on the 2nd Thursday of every month, all are welcome to attend!

Thursday, May 10th | 8:30 a.m.

TRIAD Program

Triad is a joint collaboration between The Senior Center, Andover Police Department, Essex County District Attorney's Office & Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs.

Thursday, May 10th | 10:00 a.m.

Friday Morning Speaker Series - Bedford VA Geriatric Program

Held on the 2nd Friday of every month, breakfast is served 1st then an educational presentation is given on a variety of topics. *Presenter: Karen Budnick | Friday, May 11th | 8:30 a.m. | To attend you must register in advance | Cost: Usually \$4 but this month it's FREE because we received a generous anonymous donation!*

Happy Birthday to You!

We celebrate birthdays on the 3rd Friday of every month (but this month it's on the 2nd Friday) as part of the congregate lunch program. Let us know if it is your birthday month so you are entered into a raffle to win a prize (you must be in attendance to win). This event is open to everyone & entertainment is provided courtesy of the Andover Senior Community FRIENDS Inc. *Friday, May 11th | 11:45 a.m. | To attend you must register in advance | Cost: Suggested donation of \$2.50 for lunch*

Fix it Shop

Bring your lamps (new cords & sockets), small appliances, chairs, small tables & any other small project & this group will try to fix it! *Mondays, May 14th & 21st | 1 p.m. | Cost: \$4 plus parts for Andover seniors (ID required), \$10 plus parts for non-seniors/non-residents & \$2 diagnostics fee.*

Book Club

Held on the 4th Thursday of every month September through June. Upcoming books: May, The Muralist | June, Before I Go To Sleep | *Facilitator: Evelyn Retelle | Thursday, 24th | 1:30 p.m.*

Mass State Senator

On the 4th Monday of every month (except this month because it's a holiday) bring your questions for the monthly office hours held by Senator Barbara L'Italien & her staff. *Monday, May 21st | 8:30 a.m.*

TRIAD Program - Home Improvement Contractors Information Forum

Presenter: Robin Putnam, Research & Special Projects Manager, Office of Consumer Affairs & Business Regulation, Commonwealth of MA | Thursday, May 31st | 10 a.m. | To attend you must register in advance | Cost: FREE

Dear Members of the Andover COA,

It has become clear that many regular participants of The Senior Center do not register for programs (on My Active Center, over the phone, or in person) yet attend them on a regular basis. If you are not registered this can be problematic. When we plan the programs we need to estimate the number of attendees so we can prepare properly (i.e. room size/ layout, food, materials, etc.)

In order to accurately record the attendance to our programs we ask that you sign in by scanning your swipe card as soon as you enter The Center.

Once captured in our system, this information helps us in gauging people's interest in the programs, the success of it, and/or how to potentially make improvements. This data helps us tremendously & can be used to apply for grants & other funding sources. It also helps to secure revenue to be applied to our programs.

Please refer to the next page for step by step directions on how to register for our programs. If you require additional assistance please reach out to the Senior Center Staff & we will be happy to help you.

Thanks in advance for your cooperation & attention to this matter!

-The Center at Punchard Staff

How to Register for Programs/Events

Online (with a computer) - Must have been signed up at The Center and have a "MySeniorCenter" key tag, then to set up an account go to www.MyActiveCenter.com

Please note there are a few programs/events that cannot be registered for online.

Off-line (no computer) - Contact The Center to set up an account, then you can register in person or over the phone. When registering over the phone, please have your "My Senior Center" swipe card number ready.

Punch Cards

Punch cards for 6 classes are available to buy at the front desk.

Payment Options

- Online with PayPal
- In person (cash, check or credit card)
- By mail (check)

Break Week

This is the week in between semesters, only make up classes are held, Drop-In Groups still run unless special events are scheduled. Lunch is still available.

Cancellations

If you register for a class & it is cancelled due to under-enrollment, weather, an instructor's absence, etc. you will be notified by The Center. If you do not register for a class but still attend it & it is cancelled, The Center will not have you information & be able to notify you.

Three-Part Series to Help You Better Understand

Dementia - Part 2: Signs & Stages of Dementia

Join a discussion on dementia vs. normal age-related changes, signs & symptoms, as well as how early detection can be beneficial. *Presenter: Peter Bruce, Bridges BY EPOCH* | Wednesday, May 9th | 10:30 a.m. | To attend please RSVP to Peter Bruce by Monday, May 7th at 978.775.1070 or pbruce@bridgesbyeepoch.com | Cost: FREE (sponsored by Bridges BY EPOCH)



Mohegan Casino Trip

Take a fun day trip on a chartered bus to the casino. Tuesday, May 15th | Bus leaves the Senior Center at 7 a.m. & leaves the casino to return home at 3 p.m. | To attend you must register in advance | Cost: \$35



Health Fair

We will be having this annual event, here will be 40+ vendors onsite who provide services focused on health & wellness! All are welcome to attend, participant's will learn a lot, receive **FREE** giveaways & a **FREE** brown bag lunch! Wednesday, May 16th 10-2 p.m. | The Center at Punchard | Cost: FREE



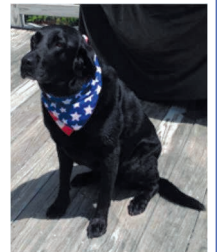
Delvena Theatre Company - Meet Julia Child!

A live performance featuring Lynne Moulton as "Julia Child" doing what she did best. The audience will learn more about her life and have the opportunity to view "Julia" on the set of *The French Chef*, an amusing & fun experience. After the performance, there will be a discussion about Julia Child. Friday, May 18th | 1 p.m. To attend you must register in advance | Cost: FREE



Meet & Greet With Delta the Dog

Come meet Beth Hempstead & her dog Delta, a registered therapy dog team that volunteer through the organization Pet Partners. "Walk With Me" is a new special initiative within the Therapy Animal Program to help promote physical activity within communities. Beth & Delta are interested in possibly getting a Walk With Me program started in Andover & wanted to start by visiting The Center to see how many people might be interested in participating in this opportunity. Monday, May 21st | 10 a.m. | To attend you must register in advance | Cost: FREE



Learn About Your Neighborhood Birds

Come see avid birdwatcher, Lou Keller's slide show & listen to commentary provided by Evelyn Retelle. The presentation will help you to learn about common feathered friends in the area so you are able to identify them yourself! Tuesday, May, 22nd | 1:00 p.m. | To attend you must register in advance | Cost: FREE



Volunteer Appreciation

All volunteers for The Center are invited to attend our annual appreciation event. The theme is going to be "summer picnic," there will be entertainment & dinner; as well as, beer/wine will be served. It will be a fun celebration, invitations are to come, we hope you can make it! Thursday, May 24th | 4-6 p.m. | The Center



Health & Wellness

Foot Care (Podiatry)

You must be an Andover resident to utilize this service & you may call and book an appointment at any time. For homebound residents, please call The Center and ask for Kristine Arakelian. *Wednesdays May 2nd & 23rd | 9 a.m.-1 p.m. | Cost: \$10 (This program is subsidized by a grant from The Andover Home for Aged)*

Wellness Clinics

Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs. *Wednesday, May 2nd, 9th, 23rd & 30th | 2 p.m. | Cost: FREE*

Bereavement Support Group

This support group is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion. All are welcome! To attend please call Lois at (978) 552-4537 & leave a message with your name & phone number. Lois will return your call. *Facilitator: Lois Marra of Home Health VNA Hospice | Thursday, May 3rd | 1:30 p.m. | Cost: FREE*

Mindfulness Meditation

This is a great way to relieve stress & become more relaxed! *Instructor: Chip Carter | Fridays, May 4th, 11th, 18th & 25th | 3 p.m. | Cost: \$3 suggested donation*

Massage

We offer chair massages by appointment only, if interested please call The Center. *Mondays May 7th, & 21st 10 a.m. | Cost: \$15 for 20 min for seniors over 60*

Pain Management Support Group

This helpful group meets the 2nd Monday of each month from September through June. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome! *Facilitator: Gerry Rainville, RN, MSN | Monday, May 7th | 1:30 p.m. | Cost: FREE*

COMING SOON!

The Woodlands Inn at Edgewood

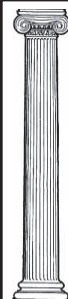
Construction is underway for *The Woodlands Inn at Edgewood* in North Andover and is based on the Small Home Model design. It will specialize in Enhanced living – Edgewood's unique take on assisted living – and Memory Support. The Woodlands Inn is now taking reservations and is opening this summer.

Please call 978-494-6944 for more information.

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com Andover Senior Center, Andover, MA 06-5052

Parkinson's Support Group - *A General Discussion on Parkinson's Disease & Medication Management.* This group meets the 2nd Thursday of each month from September through June. Please call Kristine Arakelian, to confirm your attendance or for further information. *Facilitator: Beth Cevetello, MHA, RN, CGN, Clinical Nurse Educator, Ashfield Healthcare, LLC | Thursday, May 10th | 1:30 p.m. | Cost: FREE*

Ask the Lawyer

The attorney is Justin St.James, Esq. & he is licensed in MA & NH. *Monday May 21st | 9 a.m. | To attend you must call in advance to make an appointment | Cost: FREE*

Memory Café - *Music & Sing Along With Paul Wayne*

Memory Cafes offer a welcoming environment for people living with memory changes & help to unite people faced with similar challenges, creating an opportunity to give & receive support. Please contact Aimee for information about this fun & supportive group. *Monday, May 21st at 1 p.m. | To attend you must register in advance | Cost: FREE (Funded by the Department of Developmental Disabilities)*

Brown Bag

Anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, food stamps or fuel assistance can participate in this program & receive a grocery bag of perishable & non-perishable food items on the 4th Tuesday of every month. Bags must be picked up by 10:15 am. Call Annmary or Kristine to complete an application. *Tuesday, May 22nd | 9:30 a.m. | Cost: FREE*

Medical Transportation

Transportation is available to medical appointments, a minimum of 1 week advance notice is required, 2 week advance notice is preferred
Monday-Friday, 8 a.m.-4 p.m., Cost: Contact Shawna for more details & donation information.

Grocery Shopping

Every Wednesday we provide door-to-door service to Market Basket so you will get picked up at your house & after shopping we will bring you home too. *Wednesdays | 10-2 p.m. | Cost: \$5 round trip | Must RSVP 3 business days in advance to save your spot on the bus.*

Daily Ride to The Center

Monday-Friday | 8 a.m.-4 p.m. | Cost: no charge, donations welcome
Must RSVP 2 business days in advance.

Thursday Townie Trips

The Center now offers trips in the town of Andover! Travel in town between 9:30 am & 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at 12 p.m. Other days and times may be available, call to inquire.

Fun Shopping Trips - *Walmart in N. Reading*

Once a month we fill up the bus & take a fun shopping trip somewhere!
Monday, May 21st | 10 -2 p.m. | Cost: \$10 | Must sign up at least 3 days in advance to reserve your seat on the bus.

Town Meeting

Transportation is available for older adults who want to make it to Town Meeting but have no other way to get there. Call The Center at Punchard for more information.

Merrimack Valley Regional Transit Authority (MVRTA)

The MVRTA offers transportation to many towns and cities. You are eligible for EZ Trans non-ADA if you are 60+, for the ADA EZ Trans, you can speak with Kristine or Shawna. We encourage you to check out MVRTA's services. Please stop by for information or call 978-469-6878.



Summer Session: May 21st–August 6th | Registration Week: May 14th-May 19th

Breath, Balance & Body

Improve breathing through exercise, balance through strengthening & lifestyle health.. *Instructor: Pat Dumont | Tuesdays, May 22nd-August 7th | 2 p.m. | Cost: \$48*

Line Dancing

Do you enjoy dancing? Have you always wanted to be able to dance at weddings? Easy line dancing set to different styles of music, appropriate for beginner to intermediate dancers. Beginners brush-up 2:15 p.m., entire group 2:30 p.m., intermediate challenges 3 p.m. *Instructor: Valerie Cagnina | Tuesdays, May 22nd-August 7th | 2:15 p.m. | Cost: \$44*

Men & Women in Motion

Functional & sports based movements linked together for a 30 minute moderate to vigorous aerobic workout followed by balance & strength building exercises. Cool down with deep relaxing stretches on the floor.

Instructor: Denise Boucher | Tuesdays, May 22nd-August 7th | 8 a.m. | Cost: \$45

Instructor: Denise Boucher | Thursdays, May 24th-August 9th | 8 a.m. | Cost: \$45

Sit & Get Fit

Focus on strengthening your muscles, improving your balance & posture, stretching, breathing & lifting your spirits. The atmosphere is relaxed, friendly & fun. All exercises are done with the benefit of a chair.

Instructor: Denise Boucher | Tuesdays, May 22nd-August 7th | 10:15 a.m. | Cost: \$45

Instructor: Denise Boucher | Fridays, May 25th-August 10th | 10:15 a.m. | Cost: \$45

Strength Training

The use of resistance bands & hand weights increases muscular strength & endurance. Improve joint stability by focusing on specific muscle groups which helps prevent injury & increase bone density. This class is appropriate for beginners & intermediate students.

Instructor: Pat Dumont | Wednesdays, May 23rd-August 8th | 8 & 8:45 a.m. | Cost: \$45

Instructor: Barbara Maguire | Fridays, May 25th-August 10th | 8 & 8:45 a.m. | Cost: \$45

Strengthen & Stride

This class mixes low impact aerobics with muscle conditioning, as well as working on balance. Great for both beginners & those with a more active lifestyle. *Instructor: Tracy Callahan | Tuesdays, May 22nd-August 7th | 9 a.m. | Cost: \$45*

Instructor: Tracy Callahan | Thursdays, May 24th-August 9th | 9 a.m. | Cost: \$45

Tai Chi Beginner

This class is for students who are new to Tai Chi which is a mind/body discipline with its roots in both traditional Chinese martial arts & medicine. Today most people practice for the many health benefits, including stress reduction, body awareness, balance & movement, & relaxation. Students engage their minds as they learn the Yang style Short Form with emphasis on moving in a slow, relaxed manner. *Instructor: Meg Holmes | Tuesdays, July 3rd-August 7th | 1:10 p.m. | Cost: \$22.50 | Please note this is only 6 weeks*

Tai Chi Advanced Beginner

This is for students who have learned some of the forms but have not completed them.

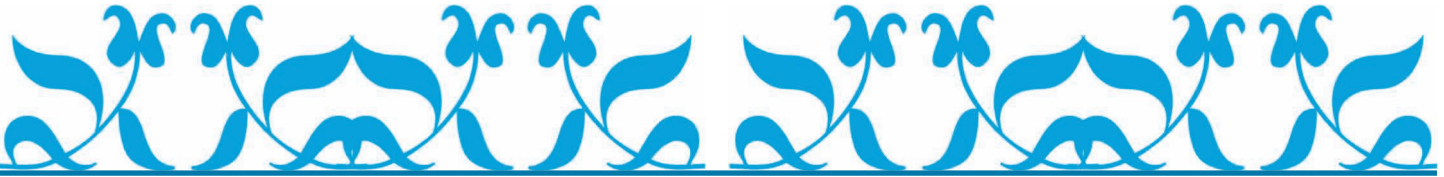
Instructor: Meg Holmes | Thursdays, July 5th-August 9th | 2:15 p.m. | Cost: \$22.50 | Please note this is only 6 weeks

Tai Chi Intermediate

This class is for students who have learned the complete Yang style 24 Form.

Instructor: Meg Holmes | Thursdays, July 5th-August 9th | 1:10 p.m. | Cost: \$22.50 | Please note this is only 6 weeks





Tap Dancing Basic

Learn the vocabulary of sounds, counting rhythm & memorizing steps. Tap routines encourage you to relax while also improving balance, coordination & posture

Instructor: Audrey Nason | Wednesdays, May 23rd-August 8th | 9:30 a.m. | Cost: \$35 | Please note this is a 10 week session, there will be no class on July 4th but will be made up on August 15th & no class on July 25th & August 4th

Tap Dancing Performance

Instructor: Audrey Nason | Wednesdays, May 23rd-August 8th | 12:45 p.m. | Cost: \$35

**Please note this is a 10 week session, there will be no class on July 4th but will be made up on August 15th & no class on July 25th & August 4th*

Yoga For All

Slow flowing positions, facilitate muscle endurance, increase strength, improve balance & flexibility

Instructor: Pat Dumont | Mondays, May 21st-August 6th | 1:00 p.m. | Cost: \$37.50

Yoga Beginners

A gentle, pleasurable experience for beginners or those returning to yoga. Positions modified for a chair (you won't have to get up & down on the floor). *Instructor: Pat Dumont | Tuesdays, May 22nd-August 7th | 10:30 a.m. | Cost: \$45*

Yoga Advanced Beginners

Some prior experience suggested for this gentle yoga practice. The flowing movement is more active & precise. Use chair or floor if you prefer. *Instructor: Pat Dumont | Wednesdays, May 23rd-August 8th | 1 p.m. | Cost: \$45*

Vets on the Move

This is an exercise class that was created specifically for Veterans, made possible through a partnership with Run For The Troops, Andover Community Services & The Center at Punchard. Transportation is available for Andover residents and after the class all participants are provided with lunch. New session runs for 6 weeks. *Instructor: Tracy Callahan | Thursdays, April 26th-May 31st | 10:15 a.m. | Cost: FREE*

Belly Dancing

Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too! Bring out your "inner dancer"! *Instructor: Maggie Class | Thursdays, May 24th-August 9th | 6 p.m. | Cost: \$78.00*

Serenity Yoga

Active, calming practice of flowing postures with 15 minutes of meditation. Instructor combines the traits of gentleness, spirituality and a genuine "teacher's heart." Previous experience suggested but not required. Beginners always welcome!

Instructor: Sheila Wescott | Thursdays, May 24th-August 9th | 7-8 p.m. | Cost: \$78

Energize with Exercise

Fun aerobics and weight training workout.

Instructor: Denise Boucher Mon, May 21st-Aug 6th | 3:30 p.m. | Cost: \$55 | & Thurs May 24th-August 9th | 3:30 p.m. | Cost: \$66

Living Healthy Series

Join us Thursday evenings from 5:30 to 7:00 p.m. Participants will receive a light dinner and educational presentation.

May 3rd: The Platinum Years | May 10th: Fallon | May 24th: Perkins Talking Books | May 31st: Blue Cross Blue Shield





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*Joseph L. Morana
Andover Resident*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9- Sunrise Singers - Woodcarving - Quilting 10- Massage 10:15- Rhythm-Aires 12- Lunch: Shepard's Pie 1- ESL (off site) - Yoga for All 1:30- Pain Management 3:30- Energize w/ Exercise</p>	<p>8- Men/Wom in Motion 9- Strengthen & Stride 10- Writing Group - Fun & Games - Bridge 10:15- Sit & Get Fit 10:30- Beginner Yoga 12- Lunch: Stuffed Shells 1- Social Bridge Drop-in 2- Breath Balance Body 2:15- Line Dancing 3:15- Zumba</p>	<p>8 & 8:45- Strength Train 9- Foot Care - Art Drop-In - Comfort Critters - Model Bldg 9:30- Basic Tap 10- Fiber Arts - Grocery Shopping 12- Lunch: Chicken Piccata 12:45- Performance Tap 1- Knit Wits - Fun & Games - Yoga intermediate 2- Wellness Clinic</p>	<p>8- Men/Wom Motion 9- Strengthen & Stride - Art Drop-In - Walk Gym - Cable Group 9:30- Craft Group 10:15- Vets on the Move 12- Lunch: Baked Chx w/ Sun Dried Tomato 1- Fun & Games - Duplicate Bridge 1:10- Tai Chi Inter. I 1:30- American History - Bereavement Support 2:15- Tai Chi Inter II 3:30- Energize w/ Exercise 5:30- Living Healthy Series 6- Belly Dancing 7:15- Serenity Yoga</p>	<p>8 & 8:45- Strength Train 8:30- Nature/Bird Walk - Breakfast Speaker 8:45- Strength Training 10:15- Sit & Get Fit 12- Lunch: Meatloaf 1- Fun & Games - ESL Lessons 2- Ping Pong 3- Meditation 6:30- Chinese American Activities</p>
<p>9- Sunrise Singers - Woodcarving - Quilting 10- Massage 10:15- Rhythm-Aires 12- Lunch: Shepard's Pie 1- ESL (off site) - Yoga for All 1:30- Pain Management 3:30- Energize w/ Exercise</p>	<p>8- Men/Wom in Motion 9- Strengthen & Stride 10- Writing Group - Fun & Games - Bridge 10:15- Sit & Get Fit 10:30- Beginner Yoga 12- Lunch: Chicken Supreme 1- Social Bridge Drop-In 2- Breath Balance Body 2:15- Line Dancing 3:15- Zumba</p>	<p>8 & 8:45- Strength Train 9- Art Drop-In - Men's Outdoor Adven - Comfort Critters - Model Bldg 9:30- Basic Tap 10- Fiber Arts - Grocery Shopping 10:30- Dementia vs Normal Aging 12- Lunch: Pot Roast 12:45- Performance Tap 1- Knit Wits - Fun & Games - Yoga intermediate 2- Wellness Clinic</p>	<p>8- Men/Wom Motion 8:30- COAB Meeting 9- Strengthen & Stride - Art Drop-In - Walk Gym 9:30- Craft Group 10- TRIAD 10:15- Vets on the Move 12- Lunch: Chicken Stir Fry 1- Fun & Games - Duplicate Bridge 1:10 Tai Chi Inter. I 1:30- American History - Parkinson's Support 2:15- Tai Chi Inter II 3:30- Energize w/ Exercise 5:30- Living Healthy Series 6- Belly Dancing 7:15- Serenity Yoga</p>	<p>8 & 8:45- Strength Train 8:30- Nature/Bird Walk - Breakfast Speaker 10:15- Sit & Get Fit 11:45- Birthday Party 12- Lunch: Potato Polluck Fish Fillet 1- Fun & Games - ESL Lessons 2- Ping Pong 3- Meditation 6:30- Chinese American Activities</p>
<p>9- WOAG 14</p>	<p>7- Mohegan Trip 15</p>	<p>10- Health Fair 16</p>	<p>17</p>	<p>18 8:30- Nature/Bird Walk</p>

<p>12- Lunch: S & S Meatballs 1- Fix it Shop</p>	<p>12- Lunch: Roasted Turkey</p>	<p>12- Lunch: Corn Chowder & Chef Salad</p>	<p>12- Lunch: Chicken Pot</p>	<p>10:30- FRIENDS Meeting 11:45- Birthday Lunch 12- Lunch: Spinach Pie 1- Delvena Theater Co. 6:30- Chinese American</p>
<p>BREAK WEEK</p>	<p>21</p> <p>8:30- State Senator 9- Ask the Lawyer - Sunrise Singers - Woodcarving - Quilting 10- Meet & Greet - Massage - Fun Shopping Trip - Fun Rhythm-Aires 10:15- Rhythm-Aires 12- Lunch: Baked Quarter Chicken 1- ESL (off site) - Fix it Shop - Memory Café - Yoga for All 3:30- Energize w/ Exercise</p>	<p>22</p> <p>8- Men/Wom in Motion 9- Strengthen & Stride 9:15- Brown Bag 10- Writing Group - Fun & Games - Bridge 10:15- Sit & Get Fit 10:30- Beginner Yoga 12- Lunch: Cheese Lasagna 1- Social Bridge Drop-In - Neighborhood Birds 2- Breath Balance Body 2:15- Line Dancing</p>	<p>23</p> <p>8 & 8:45- Strength Train 9- Foot Care - Art Drop-In - Comfort Critters - Model Bldg. 9:30- Basic Tap 10- Fiber Arts - Grocery Shopping 12- Lunch: Pot Roast 12:45- Performance Tap 1- Knit Wits - Fun & Games - Yoga intermediate 2- Wellness Clinic</p>	<p>24</p> <p>8- Men/Wom Motion - Men's Outdoor Adven 9- Strengthen & Stride - Art Drop-In - Walk Gym 9:30- Craft Group 10:15- Vets on the Move 12- Lunch: Stuffed Chx 1- Fun & Games - Duplicate Bridge 1:10 Tai Chi Inter. I 1:30- American History - Book Club 2:15- Tai Chi Inter II 3:30- Energize w/ Exercise 4- Volunteer Appreciation 5:30- Living Healthy Series 6- Belly Dancing 7:15- Serenity Yoga</p>
<p>28</p> <p>CLOSED Memorial Day</p>	<p>29</p> <p>8- Men/Wom in Motion 9- Strengthen Stride - Walk the Gym 9:30- Brown Bag 10- Writing Group - Fun & Games - Bridge 10:15- Sit & Get Fit 10:30- Beginner Yoga 12- Lunch: American Chop Suey 2- Breath Balance Body 2:15- Line Dancing</p>	<p>30</p> <p>8 & 8:45- Strength Training 9- Foot Care - Art Drop-In - Comfort Critters 9:30- Basic Tap 10- Fiber Arts - Grocery Shopping 12- Lunch: Pot Roast 12:45- Performance Tap 1- Knit Wits - Fun & Games - Yoga intermediate 2- Wellness Clinic</p>	<p>31</p> <p>8- Men/Wom Motion 9- Strengthen & Stride - Art Drop-In - Walk Gym 9:30- Craft Group 10- Triad 10:15- Vets on the Move 12- Lunch: Roasted Pork 1- Fun & Games - Duplicate Bridge 1:10 Tai Chi Inter. I 1:30- American History - Book Club 2:15- Tai Chi Inter II 3:30- Energize w/ Exercise 4- Volunteer Appreciation 5:30- Living Healthy Series 6- Belly Dancing 7:15- Serenity Yoga</p>	<p>25</p> <p>8 & 8:45- Strength Training 8:30- Nature Walk - Breakfast Speaker 10:15- Sit & Get Fit 12- Lunch: Fish 1- Fun & Games - ESL Lessons 2- Ping Pong 3- Meditation 6:30- Chinese American Activities</p>
<p>Please call 978-623-8320 in advance to cancel, menu is subject to change without notice</p>				



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Drop-In Groups

Duplicate Bridge- For intermediate level players for drop-in series. Must register in order to insure a multiple of 4 players per table. *Thursdays, May 24th-August 9th | 1 p.m., | Cost: FREE, donations welcome.*

Rhythm-Aires- *Mondays, May 21st-August 6th | 10:15 a.m. | Cost: \$10*

Sunrise Singers-Come and sing your heart out, no experience required! *Mondays, May 21st-August 6th | 9 a.m. | Cost: \$20*

Wood Carving-*Mondays, May 21st-August 6th | 9 a.m. | Cost: FREE*

Arts & Crafts Group-*Thursdays, May 24th-August 9th | 9:30 a.m. | Cost: FREE*

Fiber Arts-*Wednesdays, May 23rd-August 8th | 10 a.m. | Cost: FREE*

Fun & Games-*Tuesdays-Fridays, May 22nd-August 7th | 1 - 4 p.m. | Cost: FREE*
Tuesdays 1pm Mahjong stop by to check out this group

Knit Wits-*Wednesdays, May 23rd-August 8th | 1 p.m. | Cost: FREE*

Model Building-*Wednesdays, May 23rd-August 8th | 9 a.m. | Cost: FREE*

Open Studio Art-*Wednesdays & Thursdays May 23rd & 24th-Aug 8th & Aug 9th | 9 a.m. | Cost: FREE*

Ping Pong-*Fridays, May 25th-August 10th | 2 p.m. | Cost: FREE*

Quilting-*Mondays, May, 21st-August 6th | 9 a.m. | Cost: FREE*

Comfort Critters (formally SHOP)-*Wednesdays, May 23rd-August 8th | 9 a.m. | Cost: FREE*

Social Bridge-*Tuesdays May 22nd-August 7th | 1 p.m. | Cost: FREE*

Cable Group (Andover Chroniclers)-Meets the 1st and 3rd Thursday of every month. *Facilitator: Moe*

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at the
Boston Post Cane Breakfast**
(This event has been rescheduled from April 6th)
**at
The Center at Punchard
30 Whittier Ct., Andover
Friday, May 18, 2018
at 9:00 A.M.**

**Raffles, Awards & Presentation
of the Boston Post Cane Award
to Andover's Oldest Resident!**



Tickets are \$5 pp and may be purchased at:
The Andover Book Store & The Center at Punchard

***Please join...support for the FRIENDS and the Andover
Senior Center!***

*This event was originally scheduled in April as a dinner but has
been rescheduled in May as a breakfast!*



ASCF Meetings

Fridays @ 10:30 AM
May 18th & June 15th

We help to support many of the FREE
programs at The Center. Please join us in our
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Website: andoverscf.org

Join the

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Benefactor \$100 _____ Other _____

*Help the FRIENDS support the programs at the Center at Punchard.
Come enjoy a trip or two. Check out all we do! The FRIENDS are a 501c3*

Outdoor Adventures & Other Events

Nature & Bird Walks

This group meets in the lobby of the Center then heads out to explore the AVIS trails & view local birds. The last walk of the season will be a field trip to Plum Island! *Fridays, April 27th-May 25th at 8:30 a.m. To attend you must register in advance. Cost: FREE*

Women's Outdoor Adventure Group (WOAG)

All hikes leave from the Center at 9 a.m. & return by noon unless otherwise noted.

Monday, May 14th | Ward Reservation Bog hike, explore new trails! | Parking fee for non-Trustee members | Thursday, May 31st | Pond hike, Sterns & Sudden

Men's Outdoor Adventure Group


Wednesday, May 9th | Walk through Methuen | Led by Fred Small | Cost: FREE | Thurs, May 24th | Walk through Mount Auburn Cemetery | Transportation provided from The Center | Cost: \$5

Golf at Tewksbury Country Club

Starting May 1st at 7:15 a.m. every Tuesday morning (until it snows!) a group of senior golfers will hit the links at the Tewksbury Country Club. Men/women of all levels are welcome! The cost is \$18 for 9 holes. To get started call Tom C. at 978-470-1087 or email him at tjcmic@att.net

Poll Workers Needed

The Town Clerk's Office is recruiting poll workers for the upcoming election cycle. Interested persons can apply on line on the Town web site at www.andoverma.gov or contact the Town Clerk's Office at townclerk@andoverma.gov or 978-623-8230



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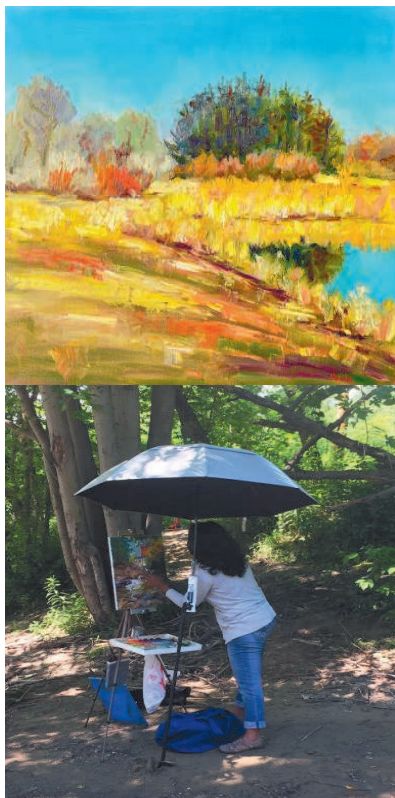
SCRPT Meetings

SCRPT Meetings will be held in June; all volunteers will be notified once dates/times are determined. Watch for dates in the June Newsletter.

Used Cell Phones

Did you know you can donate your old used cell phones to help support our TRIAD program? These monies support programing and materials to enhance services to our community.





Garima Parakh was born in India and now lives in Andover. She worked in the Information Technology industry for 15 years and has been drawing and painting since childhood. Her paintings have been accepted in several juried shows and are held in private collections all over the country. On her website Garima describes her paintings as “emotional glimpses into our connection to the natural world.” She goes on to say “I want the viewer to walk beneath the trees, feel the textures, smell the flowers and hear the music. The loose but exciting quality in my artwork combined with imagination and memory create a visual amalgam that can be enjoyed by many.”

Chinese 本中心的《英文月报》(News & Views) 另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。若需电邮，请把邮址传给Chris 女士，登记索要《中文简讯》，即

Translation of above statement: We offer a brief summary of our monthly newsletter for you in Chinese. They will be distributed to housing & put on our web site; or if you would like them emailed to you please email Christine Marshall at Christine.marshall@andoverma.us

ESL Classes

Mondays, May 1 1 p.m. | Off-site at Frye Circle | Cost: FREE

Fridays, May 1 1 p.m. | The Center | Cost: FREE

Friday Night Special: Chinese American

The Association of Andovers & Andover Elder Services are proud to host this evening at The Center with many fun ways to get involved through: Zumba, Yoga, Ping Pong & Games (board/card/Mah Jong) & other fun ways to get socially involved. All are welcome to attend! 安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括：Zumba，瑜伽，乒乓球，*Fridays, May 1 6:30-9:30 p.m. | Cost: FREE*

Chinese Socializing at The Center

Saturdays, May 5th & 19th | 10am-11:45am | Cost: FREE

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
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